



HONG KONG CHINA SKATING UNION LIMITED

中國香港滑冰聯盟有限公司

Member of International Skating Union, Asian Skating Union
and Sport Federation & Olympic Committee of Hong Kong, China
國際滑冰聯盟，亞洲滑冰聯盟及中國香港體育協會暨奧林匹克委員會會員

2025(4月至9月)中國香港滑冰聯盟短道速滑梯隊選拔方法

引言

中國香港滑冰聯盟(本會)一直致力推動本地短道速滑運動發展。為持續系統化培養本地短道速滑人才，促進運動在香港的普及和發展，本會在公平、公正及公開的原則下甄選及物色具潛質的運動員參與梯隊訓練，透過有系統及持續性的專業訓練，提升短道速滑水平。

申請要求

申請者必須(1)持有有效特區護照 或 有效居港證明(簽證)，(2)且為有效中國香港滑冰聯盟會員，並符合以下條件：

(1) 年齡要求

組別	男/女
梯隊	8歲或以上 (2017年6月30日或之前)

(2) 比賽時間要求 (500米比賽成績) 以 ISU 2025 世界青年短道速滑錦標賽為標準：

Junior Men	47.59 秒
Junior Women	50.99 秒

組別	男	女
梯隊 (較世青最低時間慢 30%)	1:01.80 秒之內	1:06.20 秒之內

- ✧ 申請者需要提供 2024 年 1 月 1 日至 2024 年 12 月 31 日期間參加之國際/本地舉行的賽事成績，包括但不限於香港錦標賽、香港盃、本地測試賽、亞洲公開賽、SEA Open Trophy、全國賽事、其他 ISU 認可賽事等。
- ✧ 必須附上有關之證明文件 (如大會成績冊等)。

梯隊訓練成員名額 (2025 年 4 月-9 月)

名額	男及女各上限十二人	選取申請者比賽時間成績 最快的十二男、十二女
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甄選標準由申請者比賽時間成績的快至慢排列，個別性別名額獨立計算，最多為十二名男成員及十二名女成員。



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成為短道速滑梯隊成員後訓練出勤的基本要求

短道速滑梯隊之訓練是由包括中國香港滑冰聯盟、香港體育學院(“體院”)提供下進行。本會只接受以上安排的訓練，作為梯隊成員認可的訓練時數，其他機構一概不計算在梯隊訓練時數內，但本會鼓勵運動員在外多參與不同類型的訓練或集訓，有助提升自身水平。

組別	訓練時數要求
梯隊	HKSU 每月提供的實際總訓練時數達 70%

條款及細則 (HKSU 會按實際需要隨時更新)

1. 梯隊訓練要求包括但不限於過去一年比賽成績、訓練表現、訓練出席率、遲到及早退紀錄及教練意見。如梯隊成員出現任何不達標或紀律問題，本會有權作出警告、暫停該隊員之訓練或將該隊員從梯隊名單中剔除。
2. 運動員須遵守教練的指示，以符合訓練要求。如隊員在某月未能達到所定的訓練要求，本會或教練將會作出口頭警告一次，並記錄在案。如在該時期累積三次警告，本會將會把隊員在梯隊名單中被剔除。25/26(4月至9月)年度曾經因紀律問題、訓練時數被除名的梯隊成員，不再接受其申請成為25年10月至26年3月短道速滑梯隊。
3. 如需請假或取消訓練，請至少一個工作天前透過電郵通知本會。如隊員缺席其訓練且事後未有提供相關病假證明，有關訓練費用仍需繳付。如隊員無故缺席訓練，將會收到書面警告或紀律處分，嚴重者將從梯隊名單中被剔除。
4. 隊員同意本會於訓練期間進行拍攝，並同意活動相片或影片用作本會之宣傳物品上(例如海報、網頁等)。
5. 遵從教練所訂立的訓練計劃，投入訓練，並於賽事中全力以赴。不得提交虛假訓練時數及簽名，如有發現，按退出梯隊處理。
6. 梯隊時數要求標準與體育學院要求標準並不可相提並論。無論 HKSU 訓練時數是否足夠，全職運動員、兼職運動員、潛質運動員必須滿足體院時數要求，不得以 HKSU 提供時數不足為理由作出任何投訴或反駁理由。一經發現，本會將向體院申請暫停運動員身份，直至所有概念、爭議清晰為至。



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2025(April to September) HKSU Short Track Feeder Team Selection Guidelines

Introduction

The Hong Kong China Skating Union (HKSU) has been dedicated to promoting the development of short track speed skating in the region. To systematically nurture local talent and enhance the sport's popularity and growth in Hong Kong, we select and identify potential athletes for team training based on the principles of fairness, impartiality, and transparency. Through structured and ongoing professional training, we aim to elevate the level of short track speed skating.

Application Requirements

Applicants applying to become part of the Short Track Speed Skating Feeder team training program must:

- 1) Hold a valid HKSAR passport or a valid proof of residency in Hong Kong (visa).
- 2) Be a current member of HKSU.

Additionally, Applicant must meet the following two conditions

(1) Age Requirement

Category	Male/Female
Feeder Team	8 years old or older (born on or before June 30, 2017)

(2) Condition (2) Competition Time Requirement:

The performance in the 500m race must meet the standards set by the ISU 2025 World Junior Short Track Speed Skating Championships (WJSTSSC):

Junior Men	47.59 Seconds
Junior Women	50.99 Seconds

Category	Male	Female
Feeder Team (30% slower than the minimum time for the WJSTSSC)	Within 1:01.80 Seconds	Within 1:06.20 Seconds

- ✧ Applicants need to provide competition results from international or local events held between January 1, 2024, and December 31, 2024. This includes, but is not limited to, the Hong Kong Championships, Hong Kong Cup, local test competitions, Asian Open, SEA Open Trophy, national competitions, and other ISU-recognized events.



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- ✧ Relevant supporting documents (such as official result books) must be attached.

Feeder Team Training Member Quota (April- September 2025)

Quota	Maximum of 12 Males and 12 Females	Selected based on the fastest Competition Times of applicants: the top 12 Males and top 12 Females
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Selection criteria will rank applicants from fastest to slowest, with quotas for each gender calculated independently, allowing for a maximum of 12 Male members and 12 Female members.

Basic Attendance Requirements for Training as a Short Track Speed Skating Team Member

Training for the Short Track Speed Skating Feeder team is conducted by HKSU and the Hong Kong Sports Institute ("HKSI"). HKSU only accepts training sessions arranged by these entities as recognized training hours for Feeder team members. Training hours from other organizations will not be counted towards Feeder team training hours. However, HKSU encourages athletes to participate in various types of training or camps outside of these arrangements to enhance their skills.

Category	Training Hour Request
Feeder Team	At least 70% of the total actual training hours provided by the HKSU each month

Terms and Conditions (HKSU reserves the right to update as necessary)

1. Team Training Requirements: This includes, but is not limited to, competition results from the past year, training performance, attendance rate, records of tardiness and early departures, and coach evaluations. If a team member fails to meet standards or has disciplinary issues, the organization reserves the right to issue warnings, suspend the member's training, or remove the member from the team.
2. Compliance with Coach Instructions: Team member must follow the coach's directives to meet training requirements. If a team member fails to meet the established training requirements in a given month, the organization or coach will issue a verbal warning, which will be documented. If the team member accumulates three warnings during this period,



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they will be removed from the team. Team members who were removed due to disciplinary issues or insufficient training hours during the 2025/26 (April to September) period will not be eligible to apply for the Short Track Speed Skating Feeder team from October 2025 to March 2026.

3. Leave of Absence or Training Cancellation: If a team member needs to take leave or cancel training, they must notify the organization via email at least one working day in advance. If an athlete is absent from training without providing the appropriate medical certificate afterward, they will still be required to pay the training fees. Unexcused absences will result in a written warning or disciplinary action, and in severe cases, the team member may be removed from the team.
4. Consent for Photography and Videography: Team Members agree to allow the organization to take photographs and videos during training sessions. They also consent to the use of these images or footage for promotional materials (e.g., posters, websites, etc.) by the organization.
5. Adherence to Training Plans: Team members must follow the training plans established by the coach, actively participate in training, and give their best effort during competitions. Submission of false training hours or signatures is prohibited; any violation will result in removal from the team.
6. Team Hour Requirements: The standards for training hours set by the team are not comparable to those required by the HKSI. Regardless of whether HKSU's training hours are sufficient, full-time, part-time, and potential athletes must meet HKSI's hour requirements and cannot use insufficient hours provided by HKSU as grounds for complaints or disputes. If any violations are discovered, the organization will apply to the HKSI to suspend the athlete's status until all issues and disputes are clarified.



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2025(4月至9月)中國香港滑冰聯盟短道速滑梯隊訓練計劃 (補充通知)

致 中國香港滑冰聯盟會員(短道速滑)：

在上週(2025年3月8日)舉行之簡介會上本會收到了各位會員及家長們的提問和建議，本會對短道速滑梯隊訓練作以下補充。

為讓各隊員能適時安排日程及提前規劃，每月的梯隊訓練安排本會將儘早向梯隊成員提供。同時考慮到協會教練需為2026年冬季奧運會安排及備戰，在2025年7月15日至8月30日期間本會將不提供本地的梯隊訓練。本會如在暑假期間安排海外訓練，梯隊成員可自願決定是否付費參與。在2025年7月15日至8月30日此期間，梯隊成員不需要計算訓練時數。

另外，本會為鼓勵梯隊成員積極參加更多海外訓練，特別是強度高的密集訓練。如梯隊成員能在新年、復活節、暑假或寒假期間提供海外訓練證明(至少7天或以上)，隊員將可豁免時數不足的警告信。隊員必須於出發海外訓練前填寫「**短道速滑梯隊成員海外訓練申請書**」，並在完成海外訓練後遞交「**短道速滑梯隊成員海外訓練教練回條**」及相關證明作實，如登機證或住宿記錄。未有事前申請及遞交教練回條之海外訓練將不會獲得豁免。

本會希望再次向各位會員、隊員及家長們澄清，梯隊訓練時數的70%出席率只為最低要求，本會鼓勵所有梯隊成員達到100%的出席率。

附件 - 1) 「短道速滑梯隊成員海外訓練申請書」

附件 - 2) 「短道速滑梯隊成員海外訓練教練回條」

如想申請海外訓練並免除本會的警告信，請事前申請、完成後遞交回條及證明。



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2025(April to September) HKSU Short Track Feeder Team Training Scheme **(Supplementary Notice)**

To HKSU Members (STSS):

At the briefing held on March 8, 2025, HKSU received questions and suggestions from members and parents. We hereby provide the following supplementary information for the 2025 (April to September) Short Track Speed Skating Feeder Training.

To allow all team members to arrange their schedules in a timely manner and plan, HKSU will provide the training schedule for each month as early as possible. Additionally, considering that the coaches need to prepare for the 2026 Winter Olympics, there will be no local training provided from July 15 to August 30, 2025. If HKSU arranges overseas training during the summer, Feeder team members may voluntarily decide whether to participate at their own expenses. During the period from July 15 to August 30, 2025, no training hours is required for the Feeder Team Members.

Moreover, to encourage team members to actively participate in more overseas training, especially high-intensity intensive training, if team members can provide proof of overseas training (for at least 7 days or more) during the New Year, Easter, summer, or winter holidays, they will be exempt from receiving warning letters for insufficient hours. Team members must complete the "Short Track Speed Skating Team Member Overseas Training Application" before departing for overseas training and submit the "Reply Slip of Coach for Oversea Training of STSS Feeder Team Member" along with relevant travel documentation, such as boarding passes or accommodation record, after completing their overseas training. Any overseas training that is not pre-approved through the application and submission of the coach acknowledgment will not be eligible for exemption.

HKSU would like to clarify again for all STSS members, team members, and parents that 70% of attendance is only minimum requirement of Feeder training and we encourage all feeder team members to aim for 100% attendance.

Attachment – 1) "Short Track Speed Skating Team Member Overseas Training Application "

Attachment – 2) "Reply Slip of Coach for Oversea Training of STSS Feeder Team Member "

If you wish to apply for overseas training and be exempt from our warning letter, please apply in advance and submit the Coach's Reply Slip and proof after overseas training.



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Attachment 1
附件 1

Short Track Speed Skating Team Member Overseas Training Application

短道速滑梯隊成員海外訓練申請書

I, _____ (Full name of Feeder Team member), hereby apply for approval to conduct overseas training on the following dates.

本人_____ (梯隊成員名稱)，現申請於以下日子進行海外訓練，特請批准。

Training Location: 訓練地點：	
Name of Coach: 教練名稱：	
Coach's Contact Number: 教練聯絡電話：	
Coach's Contact Email: 教練聯絡電郵：	
Start of training date: 訓練開始日期：	
End of training date: 訓練完結日期：	
Expected training days: 預計訓練日數：	
Training hours per day: 每日訓練時數：	

Name of Team member:

梯隊成員名稱：

Team member's Contact Number:

梯隊成員聯絡電話：

Team Member (Guardian) Signature:

梯隊成員(監護人)簽署：

Team Member's Contact Email:

梯隊成員聯絡電郵：



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Attachment 2
附件 2

Reply Slip of Coach for Oversea Training of STSS Feeder Team Member

短道速滑梯隊成員海外訓練教練回條

I, _____ (Full name of coach), hereby certify:
本人 _____ (教練名稱)，特此證明：

Full Name of Skater 運動員名稱：	
Training Location: 訓練地點：	
Start of training date: 訓練開始日期：	
End of training date: 訓練完結日期：	
Training hours per week: 每週訓練時數：	
Total training hours: 總訓練時數：	
Total training days: 總訓練日數：	

Name of Coach:
教練名稱：

Name of Skater:
運動員名稱：

Coach's Contact Number:
教練聯絡電話：

Skater's Contact Number:
運動員聯絡電話：

Coach's Contact Email:
教練聯絡電郵：

Skater's Contact Email:
運動員聯絡電郵：

Coach Signature:
教練簽署：

Skater (Guardian) Signature:
運動員(監護人)簽署：